



TAMOXIFEN

OTHER NAMES: Nolvadex[®], Novo-Tamoxifen[®], Apo-Tamox[®], Tamofen[®]

PURPOSE: Tamoxifen is a hormonal agent used to treat breast cancer. It prevents or slows tumor growth by blocking the effects of estrogen in the body. Tamoxifen may be used to treat other cancers as well.

ADMINISTRATION: Tamoxifen is taken by mouth in the form of tablets.
Take at approximately the same time or times each day.
Take with food.

SIDE EFFECTS: Not all patients will experience all side effects.

SIDE EFFECT	MANAGEMENT
Hot flushes: A sudden feeling of warmth which may be accompanied by sweating	<ul style="list-style-type: none"> • This may improve as your body adjusts to the hormone changes. • If lasting or troublesome, speak to your nurse or doctor.
Nausea	<ul style="list-style-type: none"> • Take tamoxifen with a meal to lessen stomach upset. • This rarely requires treatment and may resolve in a short time.
Bone or tumor pain, can occur initially if the cancer has spread to other parts of the body	<ul style="list-style-type: none"> • This usually lasts only few days. • Take acetaminophen (Tylenol[®] and others) for pain.
Vaginal dryness or change in vaginal discharge	<ul style="list-style-type: none"> • Report vaginal discharge or itching to your doctor. • Use lubricants for vaginal dryness.
Other symptom(s) you may experience include mood swings	<ul style="list-style-type: none"> • Report this to your doctor.

OTHER IMPORTANT PRECAUTIONS:

- Contact your doctor immediately if you develop tenderness or hardness over a vein, calf tenderness or pain, a sudden onset of chest pain, or shortness of breath. You may be at a slightly increased risk for developing blood clots.
- Report any changes in vision to your doctor. You may be at a slightly increased risk of developing cataracts. Be sure to have annual eye exams.
- Report any unusual vaginal bleeding to your doctor as soon as possible. Be sure to have annual gynecological exams. You may be at a slightly increased risk of developing cancer in the lining of the uterus (endometrium).
- If you are premenopausal, your menstrual periods may change. Discuss birth control with your doctor, as you may be more fertile while taking tamoxifen.

- Other medications may interact with tamoxifen, such as warfarin (Coumadin®). Do not start taking new medications without first checking with your doctor or pharmacist. Tell your doctor, nurse, or pharmacist if you are taking any other prescription or non-prescription medicines, vitamins, or herbs. Do not take any preparation that may contain estrogen. Do not take birth control pills.
- Inform other doctors or pharmacists that you are taking tamoxifen.
- Inform your doctor, nurse, or pharmacist if you develop any new allergies or sensitivities.
- If you experience any symptoms or problems not listed above, contact your doctor, nurse, or pharmacist.

- STORAGE:
- Store tamoxifen at room temperature, away from heat, direct light and moisture.
 - Whenever possible, return unused medication to the pharmacy from which it was obtained for proper disposal.

If you have any questions regarding this or any other drug therapy, please phone your cancer centre.

Cross Cancer Institute – (780) 432-8771, Tom Baker Cancer Centre – (403) 521-3764
Central Alberta Cancer Centre – (403) 343-4802, Grande Prairie Cancer Centre – (780) 538-7288
Lethbridge Cancer Centre – (403) 329-0633, Medicine Hat Cancer Centre – (403) 529-8817

OR
